

# NEXUS

CAMOSUN'S STUDENT VOICE SINCE 1990

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## THE BALANCING ACT

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# NEXUS

camosun's student voice since 1990

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OVERHEARD AT NEXUS: "I think that's one of the first times we've had physical contact."

COVER ILLUSTRATION: Sebastien Sunstrum

## student editor's letter

### Education is part of the picture, not all of it

It's hard to believe that another semester is coming to an end here in Richmond House 201, *Nexus* HQ. When the semester is divided into bi-weekly deadlines, as it is here at the paper, it's all too easy for the whole thing to slip by before you even know it's gone. But it's never too late to start on something you love, be it writing for *Nexus* or pursuing an education, even if you're juggling other duties in life. And for this issue's feature story, we focused on the latter. (Come by our office if you want to focus on the former; we can help you out there.)

For the story, our features writer Felicia Santarossa caught up with a few parents who are also students at Camosun. Their struggles ranged from trying to sneak in schoolwork during naptime to learning how to handle a teenager while tackling an ever-growing pile of schoolwork. Head to page 6 to find out what Santarossa found out (and if you see Santarossa out and about, give her a big high-five for everything she's done for the paper; this issue's feature is her last for us).

Being a student now can mean something entirely different than it did back in the day. It wasn't that long ago that you got your education, a job, then a family, and that was that. But with the sequence of those events being thrown out of order more and more these days, things can get interesting pretty quick. And they can get hard pretty quick, too. If I think I'm dragging my heels at the end of a 14-hour haul after work and classes and homework are done, I often remind myself that lots of people have a screaming toddler to go home to. I love kids—don't get me wrong—but they're a full-time job.

So next time you see a student with purple bags under their eyes pushing along a stroller, hold the door open for them. Changing diapers while doing homework is work piled upon work, as the students who Santarossa interviewed for this cover story made clear.

Adam Marsh, student editor  
adam@nexusnewspaper.com

## flashback

### 25 Years Ago in Nexus



**Still wasting after all these years:** An editorial in our November 30, 1992 issue lamented finding paper in garbage cans on campus. Amazingly, all these years later, that problem persists (*Nexus* staffers have been spotted elbow-deep pulling paper out of garbage cans). One would hope that things are getting better. Right? Right. Now, if anyone needs me, I'll be in that garbage can over there.

**Fire determined arson:** Last issue in this column, we talked about a 1992 fire at Camosun's Interurban campus that caused \$1.5 million in damages and destroyed the carpentry shop; in our November 30, 1992 issue, we delivered the

unsettling news that the fire was declared to be an arson by the Saanich Fire Department. Unfortunately, it wasn't the first Camosun-related arson that happened in that era; there were arson attempts at Lansdowne as well.

**Is that sarcasm?:** Our *Speak Up* question in this issue was about safety on campus; student Raymond Lau said that he felt safe, even at night. "Why should I be paranoid?" he said, before adding that the college could "completely wire" the parking lot, add security guards, and put "barbed wire or razor wire on the fences so people couldn't climb over and crawl under cars." Yes, no reason to be paranoid.

## open space

### Camosun instructors need to stop relying on the internet

CINDY PECKHAM  
CONTRIBUTING WRITER

Why are Camosun teachers telling students to go look on Google or lynda.com for answers to questions raised in the classroom? I decided to forego places like lynda.com in favour of a formal education. I took the plunge and, like many students, I'm going into debt to the tune of almost \$5,000 per semester to come to this school and be taught. It's going to take me 10 years to pay it

to be mindful of the sources we use from the internet, because they're not always accurate or scholarly.

I've spent multiple classes watching YouTube videos and then being asked to watch more YouTube videos at home in order to be tested on the material. I've received assignments with terms on them that we're expected to know, yet the teacher fully acknowledges that we've never discussed these in class and flippantly tells us to do our

Lately, I'm left wondering what I'm paying for—and whether this was a big mistake. After all, anyone can look things up on the internet at home, for much cheaper.

back. I made many sacrifices to get here, and I continue to do so in order to stay. In the end, I'm hoping to walk away with enough new skills to sell me to potential employers in my chosen field.

But lately, I'm left wondering what I'm paying for—and whether this was a big mistake. After all, anyone can look things up on the internet at home, for much cheaper.

Maybe I'm just disillusioned. Or perhaps I don't understand the concept of "applied learning," but I thought it meant that I would be taught material and given the chance to apply what I've learned. I'm definitely feeling short-changed.

For starters, most of my classes don't have textbooks. The instructors told us this was partly because they are trying to save us money, but I have to wonder about that. I'm burning through my third set of printer cartridges, at just under \$60 a pop, in order to print off all the material they recommend I bring to class. It's also because they said they just couldn't find that one book that had everything we needed, so they opted for none at all, reminding us that you can find just about everything you need on Google now. Interesting, because in the same breath we students are told

research, referring to the mighty Google again. I've asked if there is a recommended glossary of terms and been told to make my own. And the kicker: an instructor assigned a project that will take up half of our semester; when asked if we would be learning how to do this in class, the response was, "Not really," followed by a referral to lynda.com.

Here's the problem: students aren't experts. We don't know what we don't know. It's very hard to discern what I am supposed to be looking for on Google or whether the information is even relevant. I need some guidance and direction. I need something to refer to and a starting point.

It seems that the instructors feel that we're able to figure all this stuff out on our own. And although I appreciate the vote of confidence, I have to admit that I'm struggling. Some days I don't feel like I'm learning anything at all.

If only there were a place I could go. A place where I could learn this material, read books, and access experts in the field to have them share their knowledge and answer my questions.

Oh, wait, there is. I'm there already. But I just keep getting sent back to the internet.

## correction

In "Camosun student SCUBA Club makes diving affordable for students" (November 15, 2017 issue), we incorrectly identified club founder and president Rebecca Golat as Rebecca Gloat. We apologize for the mistake.

# SPEAK UP

What's the most memorable thing that's happened to you at Camosun?

BY ADAM MARSH



AURORA BILODEAU

"Probably the first day of school, when there's all the booths and stuff [at CamFest]. You get to experience all the cool things."



TANU MOYES

"It's not very exciting, but I got 100 percent on an exam. It was in Crim 200."



HANNAH JESS

"Probably just meeting people. I went diving with a friend a while ago; I met her here, which was cool."



NATE GRAHAM

"It's all been an experience—just the campus itself [and] walking around every day."



TYLER SINCLAIR

"Probably just starting here. I've been impressed by the professors here; they all seem to have a great personality, and they're all very distinctive in their teaching style."



RICHARD WILLIAMS

"Honestly, probably my first day. It was my first day of post-secondary, and just coming here and experiencing the college setting... was, obviously, a profound experience."

fees

## Camosun student says college not following its own fee policy



ADAM MARSH/NEXUS

Camosun student Justin Lee says the college is violating a fee policy.

**ADAM MARSH**  
STUDENT EDITOR

Camosun student Justin Lee says that the college is not following its own regulations for its fee structures. The second-year Post-Degree Diploma in Business Administration-Accounting student noticed that Camosun is charging the same amount for 42-hour courses as it is for 56-hour versions of the same course; Lee says that this is not in line with Camosun's fee policy, which states, according to the college's website, that Camosun courses are billed on a "cost-per-hour calculation."

Lee says he took his concern to Camosun and to the Camosun ombudsman, but he wasn't satisfied with what he was told.

"The response from the [Camosun] registrar is that they do it on a course content basis," says Lee, "and that's in direct contradiction of their policy."

Camosun vice president of education John Boraas confirms that courses are billed on a cost-per-hour basis, but he says that some courses have "blended" online components that make it hard to judge a course on a per-hour basis.

"That's the challenge," says Boraas. "This is the case in all educational institutions. The billing is based on the approved hours by the educational senate or council, and then a determination is made as to how to deliver it."

The college has courses that are delivered completely online; the

"I'd like Camosun to bring themselves back into compliance with their own policy. I think that's fair and reasonable."

**JUSTIN LEE**  
CAMOSUN COLLEGE STUDENT

tuition is the same for one of those as it is for the equivalent course delivered in person, despite having no classroom hours.

But the courses Lee is concerned about—Finance 210, Business 140, and Accounting 111—do not have blended online portions, according to course information on Camlink, and Lee says that all the learning is done in person, not online.

"Obviously every course has D2L, but there's no official thing that says we go on D2L and receive X hours of instruction online," he says. "I looked them up on Camlink; they're all listed as just the same as any regular course. There's no blended component. This is not to say there aren't blended courses. I'm sure they exist, and in that case, I'm sure that the pricing is probably valid."

Lee says that he would like to see Camosun issue a refund to all the students who have, in his opinion, been overcharged. Lee adds, however, that no governing body has acknowledged that a refund would be valid.

"I'd like Camosun to bring themselves back into compliance with their own policy," he says. "I think that's fair and reasonable."

By his own approximation, Lee feels he is owed \$270 in fees. He has taken his concern to the Office of the BC Ombudsperson.

"They didn't really want to re-

fund all students affected, even though they are just as entitled as I am to that refund," he says, adding that he is not sure if students in other programs at the college have been impacted as well. "This is where it all gets very tricky; [the Office of the BC Ombudsperson] never officially acknowledged anything, even that there was any wrongdoing. They just floated over a phone call the possibility of refunding me and, eventually, my classmates."

After reviewing a few course outlines, Boraas says he "would not be inclined to support" Lee getting a refund for his classes, but he adds that Lee is always welcome to file an appeal.

"At this point, unless there's something dramatic that I haven't seen, I don't see a justification for a refund," says Boraas. "We have been consistent in delivering what our contract with the student obliges us to do."

Boraas says that it's his intention to be more transparent to Camosun students about which courses have online and in-person components.

"I would encourage them to talk to the chair of their department if they have particular learning styles or approaches that they prefer," he says. "I think it's a perception that somehow we're doing something sneaky... We are going to do an upgrade on the web describing the

differences that are available. We're going to try to make this even more transparent. We do ensure that the course syllabus shows classroom hours versus online hours."

Lee says that he has contacted the Office of the BC Ombudsperson in the year since he made his initial inquiry and found that they had not looked into anything.

"I had given them a lot of time to go through with the investigation and see what they found," he says. "When I finally went back to their office and talked to them again, they still had nothing new to report."

Outreach Information and Education Officer for the BC Ombudsperson Peggy Kulmala says she cannot discuss details of an ongoing investigation, nor can she confirm that an investigation has taken place or is taking place.

"Privacy is so important in these investigations, so we just simply can't discuss any type of investigation or even confirm that one is ongoing," says Kulmala.

Lee says that he has not brought this to anyone's attention, including his classmates, because he didn't want to make a big deal out of it, but he now believes people need to know.

"I was hoping to have this dealt with without it becoming a massive scandal for everyone," he says. "It's rather unfortunate that it's come to this point."

Boraas says that the college will be getting rid of the "B" that indicates blended courses in course descriptions in an effort to provide clarity to students.

"Being transparent and clear about what the students should expect," he says, "is what I'll take from this."

## NEWS BRIEFS

### Camosun students excel in scholarships

Camosun College students received the most Irving K. Barber Scholarships of all students in British Columbia this year. These scholarships are awarded to students who complete a year of post-secondary studies and then transfer their earned credits to a second institution where they intend on completing their education. Since the Barber Scholarships were created in 2004, over 235 have been awarded to Camosun students.

### Food for fundraising

A boardwalk at Swan Lake Christmas Hill Nature Sanctuary needs replacing, and the Dis-

trict of Saanich has said it will put \$534,000 into the project. \$800,000 is required to complete it, so Camosun's Hospitality Management students will host a winemaker's dinner at the Dunlop House at the Lansdowne campus on Saturday, December 2 from 5:30 pm to 9 pm to raise funds for the boardwalk. Tickets are \$85; see swanlake.bc.ca for more information.

### Ontario post-secondary strike ends

Ontario recently passed back-to-work legislation for college faculty to return to teaching classes on Tuesday, November 21, ending a five-week-long strike. Institutions are extending their semesters by two

weeks in order to try and make up for lost time. The College Student Alliance (CSA) is advocating for students to receive refunds if they feel they cannot complete their semesters in the allocated time. Approximately 500,000 people have not been able to attend their classes since the strike began on Sunday, October 15. Aside from wages and benefits, issues of academic freedom and staffing models are at the core of the dispute. The Ontario government has told the colleges in question to assist students impacted by the dispute by creating a \$5-million fund for them to access.

-ADAM MARSH

Got a news tip? Email  
editor@nexusnewspaper.com today!

## Eye on the National Student Movement

**ADAM MARSH**  
STUDENT EDITOR

When Camosun students pay their student fees, \$2.25 goes toward membership in the Canadian Federation of Students (CFS) and British Columbia Federation of Students (BCFS) every month. The fee is collected from students by the Camosun College Student Society (CCSS), which then splits the money in half and remit the funds to the two organizations. The BCFS and CFS are separate legal entities.

However, between 2014 and 2017, the CCSS was remitting Camosun students' CFS fees to the BCFS; the total amount of the CFS fees that the CCSS remitted to the BCFS is \$202,305.11. The BCFS says it is holding the Camosun

students' CFS fees because the CFS owes the BCFS approximately \$1 million. The CFS says the BCFS has no right to be holding the fees, as Camosun students were told at the time the money was going to the CFS.

The BCFS did not respond to a request for comment about the current status of the money. CFS treasurer Peyton Veitch says there have been no changes to the situation.

Camosun students have put forth a petition to begin the process of defederating from the CFS; however, CFS members cannot defederate when fees are outstanding. So as long as the BCFS is keeping the Camosun student CFS fees, Camosun students will have to pay to be members in both organizations.

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## events

## 16 Days of Activism Against Gender-Based Violence campaign comes to Camosun



ADAM MARSH/NEXUS

Camosun Applied Business Technology instructor Julia Grav.

“We’re hoping to get more information about what the college is doing towards gender diversity inclusion, and what faculty are hoping to see, as well, in terms of changes in policy at the college.”

**JULIA GRAV**  
CAMOSUN COLLEGE

**ADAM MARSH**  
STUDENT EDITOR

16 Days of Activism Against Gender-Based Violence is an international campaign run by the United Nations; it takes place annually from November 25—the International Day for the Elimination of Violence Against Women—to December 10, Human Rights Day.

Camosun Applied Business Technology instructor Julia Grav is organizing events on campus as part of the campaign; Grav says that part of the awareness raising can actually apply to college policy.

“I want to see inclusion, moreso,” says Grav. “And I want to see a discussion happening where students and faculty are just more cognizant of the realities of students and being able to really know how to connect with people who are either non-binary or anywhere on the gender spectrum.”

A faculty and student discussion panel on gender-based issues will take place on Wednesday, Nov-

ember 29 from 3 pm to 4:20 pm in Young 300 at Lansdowne. Grav says such discussions are really important to gender inclusion; she adds that this year’s discussion is unique in the sense that faculty and students will be working together for a common goal.

“We really want the student voice to be heard,” she says. “I think that we hear a lot of the faculty voices. A level playing field is what we’re going to be going for, and to make sure that they respect the time and ensure that students who aren’t as comfortable speaking in the large auditorium are given the opportunity to speak anyway.”

The session will be moderated by Camosun ombudsperson Carter MacDonald; Grav says he will make sure everyone has their voice heard. She says that she’s hoping the event will clarify some issues about Camosun policies about inclusivity.

“We’re hoping to get more information about what the college is doing towards gender diversity

inclusion, and what faculty are hoping to see, as well, in terms of changes in policy at the college,” says Grav.

Grav says that a group came to the college in September to do a faculty session on gender diversity, but it wasn’t very well attended.

“That was really fascinating; I really enjoyed it,” she says. “In my opinion, there should have been half of the faculty there, and there was 20 of us, so hopefully more sessions like that will be really great for people to get better informed.”

Grav says Camosun needs to make stronger and clearer policies around non-binary inclusion and respect.

“Me personally, I would like to see there being more conversation, and I think that the policies at the college are not clear, and I don’t think that a lot of instructors know how to interact, necessarily, with people who are non-binary,” says Grav. “I would like to see some education around that.”

As part of the 16-day campaign, there will be a screening and discussion of the 2006 documentary *Finding Dawn*—about missing and murdered indigenous women in Canada—at noon on Monday, December 4 in Paul 109 at the Lansdowne campus.

There will also be an interactive art exhibit about gender-based violence on Wednesday, December 6 in the Lansdowne and Interurban libraries.

## know your profs

## Camosun’s Bree Wilton on math enthusiasm and bad memory

**ADAM BOYLE**  
STAFF WRITER

*Know Your Profs* is an ongoing series of profiles on the instructors at Camosun College. Every issue we ask a different instructor at Camosun the same 10 questions in an attempt to get to know them a little better.

Do you have an instructor whom you want to see interviewed in the paper? Maybe you want to know more about one of your teachers, but you’re too busy, or shy, to ask? Email [editor@nexusnewspaper.com](mailto:editor@nexusnewspaper.com) and we’ll add your instructor to our list of teachers to talk to.

This issue, we talked to Camosun Mathematics and Statistics instructor Bree Wilton about braving a snowstorm, maintaining the in-class experience at post-secondary, and raising a two-year-old dictator.

**1. What do you teach and how long have you been at Camosun?**

I’ve taught Math and Stats for six years.

**2. What do you personally get out of teaching?**

Interacting personally with students, learning their stories, and helping them achieve their goals is very important to me. It’s exciting to see a student have an “a-ha!” moment. I hope I can inspire students with my enthusiasm for math and stats.

**3. What’s one thing you wish your students knew about you?**

There’s not much they don’t know—I’m a bit of an over-sharer.

**4. What’s one thing you wish they didn’t know about you?**

That my memory is horrible. I map out my courses prior to the beginning of term, but after that I lose all retention of test dates, homework dates... I hope nobody reads this and uses it to their advantage.

**5. What’s the best thing that’s happened to you as a teacher here?**

Besides all the amazing interactions that I’ve had with students, it would probably be becoming continued faculty. No more term work and uncertainty.

**6. What’s the worst thing that’s happened to you as a teacher here?**

Making my way here through a snowstorm for an 8:30 am class with only five students showing up to class and then having the college close half an hour later. Not much to complain about; mostly, my job rocks.

**7. What do you see in the future of post-secondary education?**

I see online courses, textbooks, and homework assignments becoming more and more prevalent. I hope we can move in this direction while still maintaining the personal

“I’m a bit of an over-sharer.”

**BREE WILTON**  
CAMOSUN COLLEGE

experience that comes with getting to know your fellow students and/or professor. I think in-person classroom interaction is such a meaningful part of learning; I would be disappointed if that could not be maintained on some level.

**8. What do you do to relax on the weekends?**

I like to have dinner parties with friends, drink wine, take my daughter to the pool, and take my dog to Island View Beach. I used to read books on weekends, but my two-year-old won’t allow that anymore. We call her “The Dictator.”

**9. What is your favourite meal?**

It’s a tie between my two favourites: pizza and pho. I could eat these two items any time of any day.

**10. What’s your biggest pet peeve?**

Chatting in class. I always tell my students this at the beginning of term and have a very low tolerance for chatters. Students who are there to learn deserve a quiet and respectful classroom setting.



ADAM BOYLE/NEXUS

Camosun Mathematics and Statistics instructor Bree Wilton.

event

## Camosun student gets serious about magic

**ADAM BOYLE**  
STAFF WRITER

For Camosun student and magician Jason Verners, magic is more than just jokes and tricks; it's about creating a community at each of his shows. Verners, who is in his second year of the University Transfer program, says that he's aiming to bring the audience into his new show, *Millennial*.

"There's a lot of technology involved in my new show. Everyone who has their phones participates in it. It's almost an acoustic show; there's no girls being cut in half or vanishing or anything like that," says Verners. "It's very intimate, in a way; I try and make it feel close. All the magic happens not by me doing it and them watching, but by all of them participating in it. It's not [about] how great I am, but [about creating] something together; I feel like that's when magic can really shine. I feel like magic can create a strong bond, and that's the kind of level I'm shooting for now that I have enough experience working in the trenches, so to speak."

Verners says that Camosun has been a stepping stone for him to get to where he really wants to be. Through talking to his family about his future and sticking to his goals, he's reached a point where he's happy with how his schooling is going, and he has the support to back up his ambitions.

"For me, Camosun isn't necessarily [about] finding a career,

"I feel like magic can create a strong bond, and that's the kind of level I'm shooting for now that I have enough experience working in the trenches, so to speak."

**JASON VERNERS**  
MAGICIAN

it's just expanding my knowledge; that's my whole mindset," he says. "I know I have the drive in my head, and I know what I want, and that's not going to change. We were all talking one night during a family dinner, and we were talking about how my mindset is so high, and my parents were saying, 'Well, what if you miss that?' and I said, 'Well, I'm not, though.' The end goal for me isn't that piece of paper; it's to continuously expand my knowledge and meet people."

Verners says that he's always loved magic and that his childhood was a steady build-up to him realizing that that is what he wanted to do. He adds that stepping back and seeing the big picture of his progress has also given him the drive to keep going.

"When I was younger, I got a

magic kit for Christmas, and I saw it as something to set me apart from the other kids at elementary school," he says. "I would walk around the playground and try to do tricks for them. I never as a kid thought that it would be anything, but when I was 13, I took part in the [International Youth Magic] Championships in Las Vegas, and I came third. That's when I realized that there could be something there. It just turned into this journey from birthday party to corporate show to tour and now to, finally, my new show. It's really cool for me to step back and see the steps I've taken to get to where I am now."

*Millennial*  
7 pm Friday, December 1  
\$30, Glenlyon Norfolk School  
jasonverners.com



ADAM BOYLE/NEXUS

Camosun student Jason Verners moonlights as a magician.

campus

## Student camaraderie flies high at Camosun's Dunlop House pub

"I think it's camaraderie for the students. They have a place to go that they can count on every Thursday, and meet up with their friends. It just creates a community."

**KAREN NIGHTINGALE**  
CAMOSUN COLLEGE

**ADAM MARSH**  
STUDENT EDITOR

As Camosun students hustle to classes on Thursday afternoons, many are unaware that Camosun Hospitality Management students are prepping food and drink to be served at the Dunlop House pub and restaurant, located on the Lansdowne campus. On Thursdays, staff and students are welcome to come in and relax with a drink or some food after a long day of work or studying.

Camosun Hospitality, Tourism, and Golf Management instructional assistant Karen Nightingale says that students decide on a theme for the pub each week and, during their class time—4 pm until 6 pm on Thursdays—serve food and drink to customers. Themes have varied from a James Bond *Casino Royale* night to a Mexican Day Of The Dead theme, for Halloween. Students also have to do other work, like budgeting, for the pub nights.

"They do a budget projection and come up with a theme and they determine all of their food and their drinks based on the theme," says Nightingale. "And then the students rotate through all the different positions, from chef to head marketer, cashier controller... They run the whole thing, from start to finish."

Nightingale says the value of everything being prepared by students is what sets Dunlop House apart from other local pubs. And, she points out, that numbers of people coming to the pub are on the rise.

"We've had a lot more faculty and staff attending the pub this semester than in the past, which is great. It's just a great experience for these students to be able to run this event and see it through, and they're pretty proud of it after the fact," says Nightingale.

But a number of challenges face both students and staff in the



ADAM MARSH/NEXUS

The Dunlop House, located at Camosun's Lansdowne campus, is home to a student-operated restaurant and pub.

Hospitality Management program depending on the time of year.

"During midterm time, it's always tough because students are busy," she says. "They're all studying, so trying to get them to come out is a challenge."

Students also market the pub as part of the program; Nightingale says that because the Dunlop House is tucked away from the rest of the campus, it's a challenge for them to raise awareness.

"A lot of people don't even know that we're here, and what we do, and that we exist," she says.

Another complication is that even if the numbers of people attending the pub suddenly sky-

rocketed, things would get interesting because the pub is restricted to a certain amount of liquor and food.

"We have to be careful that we're also not going over our licensing capabilities," says Nightingale. "We have to get a special occasions licence each week to run these pubs, and you have to estimate how many drinks and everything that you project to sell, and we're only licenced for a certain amount. You can only have so many people in this house, legally. Liquor licensing is tough."

Nightingale says around 70 people typically show up to the pub nights. And there is a unique sense of belonging that happens with campus pubs specifically, she says.

"I think it's camaraderie for the students," she says about the role that pubs like these play in society. "They have a place to go that they can count on every Thursday, and meet up with their friends. It just creates a community; for our students it's just a great opportunity for them to showcase to their fellow students what they're doing here."

The Dunlop House is open for dinner on Wednesday, November 29, Wednesday, December 6, and Wednesday, December 13; reservations are recommended. The Dunlop House pub is open on Thursday, November 30, and Thursday, December 7. See [camosun.ca](http://camosun.ca) for more details.

# Finding the balance

## Camosun students who juggle parenting duties tell

The stresses of school are well known to any student, and the stresses of parenting are well known to anyone raising kids. My heart threatens to give out just thinking about combining the two, yet some Camosun students manage to do it. A few questions fly through my mind when thinking about students who are also parents: what motivated them to go to school when they have dependents to take care of? Do they have any time-management secrets to share? How do they cope with it all?

We caught up with a few Camosun students who are managing to feed their knowledge and their kids at the same time to find out what makes them tick and how they do what they do. One common thread runs through all their stories: going to post-secondary while raising kids is a monumental balancing act.

### IT CAN BE DONE

Having a good schedule can make all the difference. Just ask third-year Nursing student Saundra Fleet. The 23-year-old had her son four months ago and considers herself “very blessed” with her situation—she has help from her in-laws, and, thanks to her class schedule, she has opportunities to spend time as a mom.

“My partner owns his own business [as a DJ], so baby’s back home with daddy and his grandparents while I’m at school,” she says. “Of course, I miss him, but third year is really nice because we’re not in school Monday to Friday for eight or nine hours a day like the first two years are; I’m only gone for about four hours, Monday to Wednesday. Thursdays I have the 12-hour shift and then I have Friday, Saturday, and Sunday off.”

Fleet—who says that parenthood is not a cakewalk—is able to bring her kid to class, but that proves to be a distraction. Not to the other students, but to Fleet.

“He’s actually really good, quite quiet in class, but all I want to do is squish his cheeks and kiss him,” she says. “I’ll leave and think, ‘What did I learn?’”

Fleet made her third-year team leader aware of the situation and requested a specific class schedule; she says all her instructors have been very supportive. Her pregnancy through last year was tough, as she says second-year Nursing is more physically demanding than first year. That being said, she stays positive and keeps considering herself lucky.

“I had a healthy pregnancy, I just stayed focused, I had a really good support system at home, and I had him on July 8, so I had two months to heal before I went back to school,” she says. “Everything just really fell into place for me, but a huge part of it is how supportive Camosun is. I thought I was going to be nervous and it would be outlandish and inappropriate to bring my son to school but everyone’s like, ‘Okay, so when are you bringing him back? Bring him back now.’”

Self-care, however, is something that Fleet finds herself struggling with. She says it can be so easy to push herself too hard while looking after her child; she’s working on homework once he falls asleep, and she’s noticed that she’s been neglecting her partner over the past few months.

“He’s so willing, and so helpful,” she says of her partner. “We don’t really have time for us anymore; it happened so fast. These four months have just flown by, so we’ve sat down and had some really purposeful, meaningful conversations. Try to keep some element of being spontaneous in your life.”

Fleet says that when there’s only one time to do homework, you do it regardless of how tired you are, but she adds that should things go astray, she knows that her student colleagues are there for her. People can be under the impression that having both a career and a baby is impossible, she says, but it is indeed possible.

“As soon as I got pregnant, a lot of my friends, and even some of my family, said, ‘Well, there goes your nursing career.’ I’m just like, ‘Why?’ Having a baby is supposed to be one of the most monumental moments of your life; why is it seen as the end in people’s eyes?” she says. “That’s something that’s kind of misconstrued in our modern-day society. It’s the best thing that’s ever happened to me; I can’t remember my life before him now.”

### SPLIT INTO THREE

Because she works full time and is in school part time, getting a hold of first-year General Arts student Nicole Crevatin is a daunting task. But she has to work hard: after she had her two-year-old daughter, she knew her minimum-wage pay would only be able to cover her child’s daycare. From there, the 23-year-old took Camosun’s Office Administration program, eventually finding a job with the charity Construction Foundation of British Columbia.

“I’m very happy that the work I’ve been able to do is something that’s going to help people, because it was a bit of an internal struggle deciding to pursue school and pursue a job now or be a stay-at-home mom and wait until my daughter went to kindergarten to pursue the career and workforce again,” she says. “So it’s a joy for me to know that it’s worth it. And I may be in debt, and I may not get to spend every hour with my daughter, but knowing that I’m putting food on the table, and I’m paying off the loans that I had, and the work that I’m doing is benefiting thousands of people across the province, it definitely is worth it.”

After Crevatin took part in filming and producing a video for someone in the construction trade, her employers offered to pay for her schooling if she wanted to pursue skills like video production, leading her to take a course on digital technology. She is also taking a course in psychology; she originally wanted to get a psychology degree but had second thoughts.

“I realized it was going to take at least seven years of schooling to get my master’s and do a whole lot with my degree,” she says. “I’ve always been interested in counselling or going into teaching and doing school counselling or something like that, but, after having my daughter, I just decided for something quick to get my foot in the door, somewhere where I wouldn’t be making minimum wage; that’s where I went into office administration.”

It’s no surprise that Crevatin’s duties as a mother, as an employee, and as a student leave a few household chores to pile up; the biggest issue at the moment, she says with a laugh, is “keeping the house in order.”

“I do have a big pile of dishes and laundry that needs to be done, but I find that that’s the stuff I can push aside for the weekend,” she says. “My first priorities are getting my work done, getting my schoolwork done, and making sure that my daughter is fed.”

“As soon as I got pregnant and even some of my family goes your nursing career.”

Having a baby is supposed to be one of the most monumental moments of your life; why is it seen as the end in people’s eyes?”

Tekala Macsweyn is experienced in the world of post-secondary education. Before being said, she says it took an entire year for things to run smoothly. Leaving the house in the morning, and for her to find quiet time to study.

“Leaving my children and going to another place, being forced to get things done with your children at home,” she says. “The rooms in our house up in a way that there’s a separate space for each child.”

What led Macsweyn—who is majoring in Criminology and Psychology—was her former career as an independent broker. While working in real estate investments, ultimately, she felt the career conflicted with her family life.

“It was selling things people don’t need to them so they can get a better deal. You’re basically paid to manipulate people for a living.”

Criminology and psychology are “oddly familiar” to Macsweyn, who worked for the provincial government in Alberta for 45 years; at home, she has spent most of her life dealing with youth, says Macsweyn.

“I was a teenager for a lot of that, and we would do things together when I was a kid; she would openly talk about parenting and how challenging it is to be challenged about the broad spectrum of things.”

The biggest change in Macsweyn’s relationship with her children was the time, but now she’s sometimes distracted by her student duties in the role of a parent.

“Now that a piece of me is always mulling over something, I think they can tell that my focus is divided somewhere else—entirely—the time and the focus.”

Quang Nguyen is in his second year of his Bachelor of Science in Leadership; he recognizes the enormous difference in time he was getting a post-secondary education compared to when he got his first university degree in medicine.

“Like you,” he says, “I was very young and independent, but now I have many things to be concerned about, like graduation, how’s my daughter, her high school and a lot of other things.”

After gaining many years of experience working in the construction industry and Leadership, and to take care of his university-aged daughter, he went to the Visual Arts program at the University of Victoria, where he works on as one might think.

“We have meals together, we prepare dinner together, we go cycling together—not in the winter, but in the summer. With my daughter, I support her in terms of homework and support in class, she needs support outside the class, I support her in class.”

Nguyen says that, after living in Vietnam, he has noticed a lot of similarities between the two countries.

“Because the traffic in Vietnam is very bad, very dangerous, people—the traffic on the trip is very dangerous,” he says. “They either take the school bus or have a parent drive them.”

When I approach first-year Mechanical Engineering student Quang Nguyen minutes to be interviewed for this story, he hesitates. “I don’t know if I should go on, I understand why he hesitated. It’s a roller coaster of parenthood. The full-time job goes on, but because his wife Anna is on maternity leave she takes care of the kids.”

“The idea of me staying home wasn’t possible because I have to put into it; my time is fairly limited past this,” he says.

Story by Felicia Santarossa, features writer  
Illustration by Sebastien Sunstrum, cover illustrator

## their stories

...a lot of my friends,  
...ly, said, ‘Well, there  
...I’m just like, ‘Why?’  
...ed to be one of the  
...ts of your life; why is  
...people’s eyes?’”

**SAUNDRA FLEET**  
CAMOSUN COLLEGE STUDENT

“Now that a piece of me is always mulling over something that I’m learning in school, I think [my kids] can tell. I think they can tell that my focus is divided sometimes, so I imagine that’s been the biggest impact with parenting—the time and the focus.”

**TEKALA MACSWEYN**  
CAMOSUN COLLEGE STUDENT

“I do have a big pile of dishes and laundry that needs to be done, but I find that that’s the stuff I can push aside for the weekend. My first priorities are getting my work done, getting my schoolwork done, and making sure that my daughter is fed.”

**NICOLE CREVATIN**  
CAMOSUN COLLEGE STUDENT

### A SPACE FOR EVERYTHING

...st-secondary parenting. With four children ranging in age from  
...hile in college, and was even a parent back in high school. That  
...n smoothly, for everyone to have everything they needed when  
...quiet study spaces to do her schoolwork.

...isn’t always an option, but with the lack of childcare, you’re  
...she says. “The most challenging thing was probably to divide  
...egated area where we do schoolwork.”

...ology and Psychology—to Camosun was, in short, her hatred  
...she found it fascinating to learn about selling insurance and  
...with her values.

...that you can make money—not great for feelings of self-worth.  
...,” she says. “Not a great job.”

...for Macsweyn, as her mother worked in youth justice for the  
...e, she would talk about the changing laws regarding how the  
...discuss it,” she says. “She didn’t really dumb things down for  
...vincial policy and federal policy. It was kind of fantastic and  
...er world at home.”

...with her younger children is that they want her to be available all  
...udies. Before she was at Camosun, Macsweyn was immersed

...something that I’m learning in school, I think they can tell,” she  
...ometimes, so I imagine that’s been the biggest impact with par-

### AN INTERNATIONAL PERSPECTIVE

...post-degree diploma in Human Resources Management and  
...fference in experiences as a student now compared to the first  
...cation. The 48-year-old says that it’s been more than 25 years

...ndent and very much enjoyed the student life, nothing to worry  
...out, with my kids, my job after graduation, my son’s job after  
...fter that—so [there are] many things to worry about.”

...a medical supply company, the father of two decided to take a  
...world, to gain his diploma in Human Resources Management  
...d son and middle-school-aged daughter. Despite his son being  
...there’s not as much post-secondary father/son bonding going

...her, we have a part-time job on the weekend together, and we  
...vertime. I try to bond with him by that kind of activity,” he says.  
...k, but most of the time it’s just chatting—and she doesn’t need  
...like to go shopping to buy something.”

...o concerns about letting his daughter walk to school.  
...crowded—lots of people in cars and motorbikes and a lot of  
...says. “We’d never leave the children to walk on the street, and  
...hem to school.”

### PURSUING WHAT YOU WANT

...ngineering student Braeden Parrott and ask if he can spare 20  
...t, he briefly hesitates; he ends up agreeing, but as the interview  
...With his wife and eight-month-old son, he is just beginning to  
...ime student says that Engineering is a pretty intense program,  
...kes on most of the parental duties.

...ause I have to go to school, and, being 39, I don’t have the time  
...ys. “I’ve only got 26 useable years before I have to retire, so at

39 years old and five years into a program, I’d be 44 by the time I complete the program [if I stayed home for a year with my son], which puts me a year behind and gives me less time to work, right? In total, the time wasn’t available for me in my life to stop and do that,” he says.

After Anna completed her Business degree and before Braeden started at Camosun, the two spent a couple years working. Braeden was working in fracking, in a job he hated, which is why he decided to go back to school for something he wanted to pursue. At the same time, he says, the couple couldn’t put off having a baby for much longer. But when working in fracking, Braeden was away too often; since he and his wife wanted to have a baby, he knew he had to be closer to home.

“I wanted to have something where I could be a little more centred, not being gone on the road for two weeks at a time, and being a parent at home,” he says. “And then there’s the danger of the job, right? I didn’t want to have a baby and then have the possibility of me getting injured or just dying because I was working in fracking; it was pretty dangerous.”

All of this brought Braeden to Mechanical Engineering. Although being in the program means he’s gone for the majority of the day, he says that the positive is in being able to see his son every day.

“It’s still a trade-off—like, I don’t get to spend as much time with him as I’d like to—but I’m still there,” he says, “where before I would have been gone for those developmental steps. I’m still there every day, even if I don’t get as much time as I’d like every day.”

The Parrotts are looking into putting their son in daycare, which comes with its own struggles. Camosun offers childcare services, but Braeden says that it’s not all that convenient for the couple because Anna would have to be the one taking care of it all, and she’s not a Camosun student.

“We kind of looked into it, but I’m not sure because it would be her, for the most part, having to deal with him,” he says. “It’s not really that convenient. If she was a student, then, yeah, but it would be more convenient to have somewhere that is closer to our place, or close to her work, as she’s basically going to have to be responsible for it, because I just don’t have the time.”

### CREATING A HOME

**W**hen Deniz Unsal arrived from Istanbul in 2015, school wasn’t even on her mind; she was too worried about making the move comfortable for her 11-year-old son. After putting him in school, she spent the next several months putting down roots and finding a community in her neighbourhood. Today, Unsal is in the Digital Production, Writing and Design program at Camosun.

“Gradually, [my son] is now feeling much more comfortable here, and so I started working a bit and taking this program, but being a student at the college and having a kid is tough in many ways,” she says. “I can’t take all of my courses, for instance; I have to be back at home around 3 when he comes back from school. When I was choosing my classes, if there’s a section that is between the school hours, I’ll take those; if they’re outside his school hours, then I have to take those next year or find another solution.”

Unsal’s previous education is in anthropology, and she teaches Continuing Studies classes at the University of Victoria. Her time spent working in museums developed her skills in creating accessible versions of stories for the public. While she can do academic research and write papers, digital skills are where everything is going, she says.

“I’m kind of used to going and speaking with people [about] their lives, their traditions, so I’m used to that kind of background experience in producing stories that are maybe more popular but also have a depth in it,” she says. “Then I’ll use [digital skills] to disseminate them to the digital platforms, because I have published books and articles, but, well, now that I think about it, I never wrote a blog,” she says with a chuckle. “So, I’m getting used to that kind of platform, because that’s where everything is going right now. I feel like I have to keep updated with the new generations.”

With that in mind, the 45-year-old is enjoying learning these new digital skills and hints that her son is as well. She thinks he too likes the idea of her being a student because of stories she shares regarding the digital world, considering that he’s “super interested in computers” and their applications.

“Now he sees I’m also getting into that area and now he feels like, ‘Oh, actually, Mom is not this old-fashioned mom, but she’s dealing with this cool stuff,’” she says. “I think maybe he’s thinking differently about me now, looking at me differently. I had [Adobe] Illustrator on the computer the other day and he’s like, ‘Whoa, how do you use that? Where do I click?’”

As for the rest of the time, Unsal attempts to balance working on homework, doing housework, and raising her son. She says that it’s getting easier, as he’s more comfortable being in the city and can handle more responsibility on his own. Still, that doesn’t mean time management isn’t a big deal.

“It’s true, you have to time things well. I work a lot at night after he goes to bed, so that’s like my homework time—like, the quizzes I have to do, I do it during that time. During the day, it’s hard, and the weekends are hard too, I must say, because he waits to be entertained and I have to carry him from here to there, like sports or clubs or music or friends and sleepovers and all those things you have to organize,” she says. “It’s like organizing your work for your class, in a way.”

stage

## Blue Bridge Theatre celebrates its first decade with new production



PHOTO PROVIDED

**Blue Bridge Sings!** brings back performers from previous Blue Bridge Repertory Theatre productions.

**ADAM MARSH**  
STUDENT EDITOR

Blue Bridge Repertory Theatre has been putting on theatre productions in Victoria for 10 years, and *Blue Bridge Sings!*, the company's 10-year anniversary show, is both a birthday party and a reunion. People who were in Blue Bridge musicals like *Fire*, *Little Shop of Horrors*, *My Fair Lady*, and *Red, Hot Cole!* will return for this performance to sing the songs they did the first time around. *Blue Bridge Sings!* director Brian Richmond, who is also the

founder of Blue Bridge Theatre and has taught theatre at UVic, says that some amazing performers will take the stage for this show.

"Blue Bridge has been very, very fortunate to attract some of Canada's most skilled and beautiful singing voices from all the performers it's had in its musicals over the years," says Richmond. "We've managed to enlist a number of them in to recreate their performances for *Blue Bridge Sings!*"

Richmond—along with musical directors and the rest of the crew—

has picked 26 songs from the theatre's performances over the years to be in the show; he says it will be a special night for the audience, for those in the performance, and for himself.

"My job as a director will be to make sure that the singers will enter and exit, and to give the show a visual overview that will make it pleasing for the audience," he says.

Richmond says that Blue Bridge is mainly known for its productions of classic dramas.

"Looking back over our list of

musicals over the years, we've also done productions of a number of extraordinary musicals," he says. "First of all, it's just a birthday party—it's the opening event in what we hope will be a year-long birthday party for Blue Bridge, so it serves that function—and then the second function is just to give people a really great evening of entertainment."

Richmond says that, thankfully, the most challenging part of the whole process is already over for him.

"Blue Bridge has been very, very fortunate to attract some of Canada's most skilled and beautiful singing voices from all the performers it's had in its musicals over the years."

**BRIAN RICHMOND**  
*BLUE BRIDGE SINGS!*

"It's just lining up the talent and getting them committed to performing for us for these five evenings. That's done, thankfully," he says. "And the most fun part is just hearing everybody sing."

*Blue Bridge Sings!*

Various times,  
Thursday, November 30  
to Sunday, December 3  
\$37 to \$47, The Roxy Theatre  
[bluebridgetheatre.ca](http://bluebridgetheatre.ca)

## review

### *Les Belles-Soeurs* brings a hilarious, impactful performance to Langham Court Theatre

**ELIAS ORREGO**  
CONTRIBUTING WRITER

*Les Belles-Soeurs* is Langham Court Theatre's finale to a year of plays celebrating the greatest Canadian playwrights. I was new to the material of playwright Michel Tremblay, and also to Langham; I was impressed with both.

The play is set in the '60s, in a kitchen and living area of a Montreal tenement, where an all-woman cast engages in a stamp-pasting party. The set is accurate for the time period and brings with it a lot of nostalgia; the costumes, make-up, and hairstyles are amusing and indicative of the setting. Authentic Quebecois accents and the French-Canadian pride and provocativeness of each character make for an enjoyable experience. Wit, slapstick, and dramatic irony keep the laughs rolling from start to finish.

Judging by the moans and hisses throughout the evening from many seniors (who made up the majority of the audience members), the depiction of life and family dynamics in the '60s hit uncomfortably close to home. All in good fun, the play explores timeless female struggles, such as disobedient kids, deadbeat husbands, and identity crises. The chemistry of the actors humorously and impressively depicts the complexity of the female psyche in a male-dominated community.

A few of the actresses are older

The play explores timeless female struggles.

than the characters they play, but the appearance and acting style of each fits well with the woman she portrays. There are a couple of times when there's too much going on to focus on everything, but this is likely to emphasize the chaotic aspects of society and of family dynamics.

As each woman expresses her unique opinions and struggles, lighting is effectively used to hone in on the speaker; the actresses themselves create the majority of the entertainment, as sound effects are, intentionally, minimal.

Although it was written in 1965, the play is entertaining, funny, and relevant for a contemporary audience. I was glad to see quite a few other student-aged people enter the theatre with excitement, laugh and remain engaged during the performance, and walk away with thoughtful smiles afterwards.

*Les Belles-Soeurs*  
Various times,  
to Saturday, December 2  
\$17 student tickets,  
Langham Court Theatre  
[langhamtheatre.ca](http://langhamtheatre.ca)



PHOTO PROVIDED

*Les Belles-Soeurs* runs until Saturday, December 2 at Langham Court Theatre.



music

# Camosun music instructor Daniel Lapp comes home for the holidays



A PERREULT

Local fiddle player Daniel Lapp loves the holidays and loves Victoria.

**FRED CAMERON**  
CONTRIBUTING WRITER

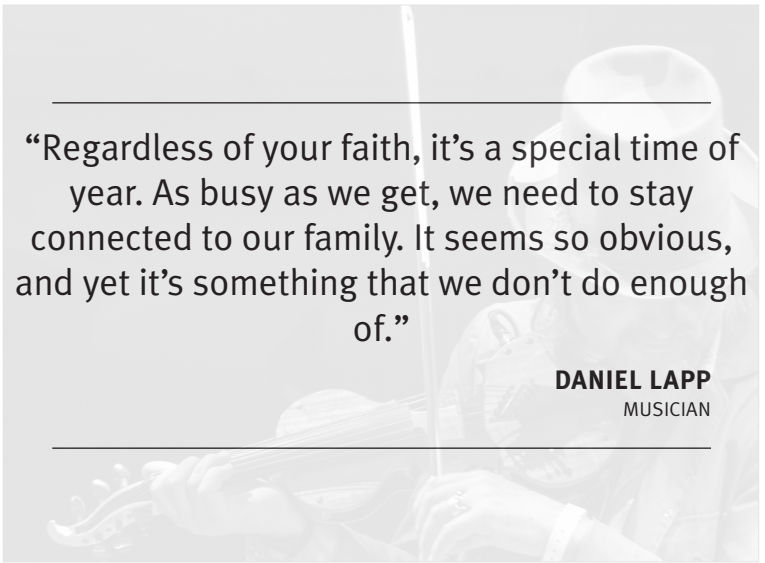
When Daniel Lapp isn't teaching music classes at Camosun through the Victoria Conservatory of Music, the world-class fiddler is organizing his annual *Home for Christmas* concerts. Lapp—who is also, among other things, a singer and multi-instrumentalist—is legendary in the fiddle scene, having played with Gord Downie and the Country of Miracles, Lou Reed, Spirit of the West, and Elvis Costello, among others, and has travelled across Canada, the USA, and Europe to play his music.

And now he's bringing it all back home for the holidays.

"Regardless of your faith, it's a special time of year," Lapp says. "As busy as we get, we need to stay connected to our family. It seems so obvious, and yet it's something that we don't do enough of. The idea of getting the family together and going downtown together, getting the last few presents and going for dinner [and] going to a concert that is very much about celebrating our community with joyful, good-intentioned, uplifting music has become a soulful, magical experience that a lot of people don't want to miss."

To keep things fresh this year, Lapp has added a distinctly Canadian twist to complement some of the standard favourites.

"What will be unique about this year," Lapp says, "is it will be about 80 percent Canadian content—Christmas carols, written by Canadians. Most people might have heard some of them. You will



"Regardless of your faith, it's a special time of year. As busy as we get, we need to stay connected to our family. It seems so obvious, and yet it's something that we don't do enough of."

**DANIEL LAPP**  
MUSICIAN

hear some of the old standards, but we look forward to singing a lot of Canadian songs, too—Sarah McLachlan, The Band, and Stan Rogers, for example."

Lapp, along with folk/blues legend Roy Forbes, will lead a group of roughly 200 musicians on stage at the concert, including some of his Camosun students.

"We have our house band, the Swing'n Shepherds," says Lapp. "This year we will have Danuel Tate on organ; Jamie Troy, who is a drummer and a bagpiper; Peter Dowse on bass. We'll have the Strings of Lights, made up of Camosun students. We'll have some representation of the Shiny H'Ornaments, which is our horn section. We will have the Joy of Life Choir, which is made up of 90 singers. Folkestra, our adult folk ensemble, is 50 people this year. There are 50 kids from the BC Fiddle Orchestra."

Lapp has been in Victoria since

1989 and has become an institution in Victoria's folk scene. He's seen the world, but, for him, Victoria is home.

"One thing leads to another in this business," says Lapp. "There have been temptations to leave for various reasons and pursue the dream, but I realized on a tour with Rickie Lee Jones—we were at Heathrow Airport, and everyone else was flying to the cities I thought I wanted to live in—Paris, LA, New York—and I had an epiphany. I was really looking forward to flying home to Victoria. I'm a BC boy, and I don't think I'll ever leave."

*Daniel Lapp's Home for Christmas 2017*  
7:30 pm Friday, December 15  
2 pm and 7:30 pm Saturday, December 16  
\$15-\$29, Alix Goolden Hall  
vcm.bc.ca

review

## *The Road Forward* a documentary made of feelings



PHOTO PROVIDED

*The Road Forward* brings the story of the rise of indigenous activism in British Columbia to the big screen; it plays in Victoria in December.

**RENATA SILVA**  
CONTRIBUTING WRITER

The documentary *The Road Forward*, directed by Marie Clements, brings the story of the rise of indigenous activism in British Columbia to the big screen. The documentary encourages viewers to look at indigenous culture and history from the perspective of indigenous people.

Clements does a very good job of making the audience feel closer to the people in the movie, which helps viewers relate to their story.

A crucial moment that helps build the mood of the documentary comes early, when people introduce themselves and explain where they're from. In that moment, the movie changes from being just facts, dates, and impersonal connections and creates a relationship between the audience and the people on the screen.

Throughout its 101 minutes, the documentary develops a chronological timeline through articles from *The Native Voice*, a BC newspaper that was run by First Nations

people. The paper works almost as another living character and is able to show perspectives both past and present.

The music and songs in the movie help to tell the story and bring an element of emotion that works very well with the narrative. It gives viewers a break from the usual documentary technique of just narrating the story and helps to keep people totally connected with what's happening on the screen.

*The Road Forward* is a result of some very deep research on the

history of indigenous activism. It's a feeling movie—the audience can feel the hope, fear, happiness, and anger of those on the screen. Viewers just need to be ready to listen and embrace it all, because, whether we like it or not, those feelings are part of our country's story.

*The Road Forward*  
Monday, December 11  
and Tuesday, December 12  
Cincenta, UVic  
cincenta.com

### New Music Revue



**K Trevor Wilson**  
*Sorry! (A Canadian Album)*  
(Comedy Records)  
4.5/5

K Trevor Wilson's first album, *SexCop FirePenis*, took home Best Taped Live Performance at the 2016 Canadian Comedy Awards; this follow-up is every bit as good. With 20 years under his belt as an actor, writer, and comedian, Wilson is well established, currently starring on the series *Letterkenny*.

*Sorry! (A Canadian Album)* takes us on a coast-to-coast tour of Canada, seen through the eyes of one of our brightest comedians. Wilson tells of how quick Edmontonians are to inform us that Winnipeg is now the stabbing-murder capital of Canada, pokes fun at the backwards ways of small towns, and describes the strange feelings of leaving paved roads behind and experiencing the different kinds of winter seen across the nation.

Wilson kept me laughing from beginning to end here—he actually apologizes to the rest of Canada on behalf of his hometown of Toronto, proof that this performance is Canadian through and through.

-FRED CAMERON

review

## The Madwoman of Chaillot a great performance



DAVID LOWES

Nicholas Guerreiro (left) shines in *The Madwoman of Chaillot*.

I was especially impressed by the outstanding performance by Nicholas Guerreiro in his role as the company president—his voice, his attitude, and his acting were absolutely incredible.

**LESLIE DO**

CONTRIBUTING WRITER

*The Madwoman of Chaillot* takes place in a Parisian cafe; the story starts with a group of businessmen who have discovered oil in that area and want to exploit it. Countess Aurelia, an eccentric aristocrat, gathers a group of local artists and dreamers to stand against the men.

In the beginning, I thought the play was slightly difficult to understand; however, the more I watched, the more interesting it became. The play was smooth and colourful; I like the perspective the stage is set

from, the outfits, and the humour the play brings to the audience, and the action was perfect.

*The Madwoman of Chaillot* registers on a deeply human level. However, it was a bit slow-moving, and, at least on this night, I found the light to be too bright, which made it hard to focus on the play.

The actors fulfilled their roles perfectly and were particularly skilled at performing well-exaggerated facial expressions. I was especially impressed by the outstanding performance by Nicholas Guerreiro

in his role as the company president—his voice, his attitude, and his acting were absolutely incredible.

There weren't any recorded sounds; everything the audience hears was made by cast members. The supporting cast didn't have much dialogue, but they were the soul—and the sounds—of the play. The way they worked together, played with their toys, and moved on the stage made for plenty of enjoyable and interesting moments.

It would be useful for acting students to see *The Madwoman of Chaillot* to see how those performing in it use different acting methods.

Director Conrad Alexandrowicz brings a great performance to the audience with this play; even if it is a bit slow at times, *The Madwoman of Chaillot* is definitely worth two hours of your attention.



contest

## Find the hidden Nexus and win



GREG PRATT/NEXUS

Let's see if you can find this copy of the last issue of *Nexus*, which we hid somewhere at Camosun College's Lansdowne campus.

The first person to find this copy of the paper and bring it in to our office wins themselves a free prize!

Last time, the issue was hidden behind pamphlet displays on a desk on the second floor of Ewing.

Who will find this hidden *Nexus*? Bring it to us once you find it; we've got gift cards, shirts, and more for the winner to choose from!

# NEXUS

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Mind Matters

by Cindy Peckham

## Three ways to get started with mindfulness

Need an easy-to-use method to bolster brainpower? Look no further than mindfulness, a backed-by-science way to reduce anxiety and improve focus and working memory. That last part is important for us learners, because a function of working memory is to connect new information to old. According to experts at the American Psychological Association, mindfulness is a method of meditation defined as “a moment-to-moment awareness of one’s experience.” Put simply, mindfulness is focusing entirely on the here and now.

There are activities—such as yoga or tai chi—that have naturally incorporated mindfulness into their practices, but there’s no need to become a yogi to master this skill. As with most meditation, benefits can be reaped from as little as 10 minutes per day. Here are three easy ways to get started.

**Tap into your senses:** To help draw the focus back to real time, take a moment to find one thing that

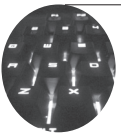
There’s no need to become a yogi to master this skill. As with most meditation, benefits can be reaped from as little as 10 minutes per day.

you can see, hear, smell, taste, and feel in your surroundings. To deepen the connection, you can increase the number of things you notice per sense, or repeat the exercise, noticing new things each time.

**Pay attention to your body:** It’s trying to tell you something. If you want to know what it’s saying, try doing a body scan. Start at your feet and work up to your head—or vice versa—by focusing on one part at a time and noticing any sensations. If you’re having trouble concentrating, you can try asking yourself questions like “Am I hungry? Thirsty? Hot or cold? Feeling stiff or sore?” This quick mental check will help reel you back into the present and help you identify any unmet needs.

**Check your breath:** Stress tends to make people breathe shallower. The quickest way to notice your breath is to focus on the difference in temperature as you inhale through your nose and exhale through your mouth. To check whether you are breathing deeply, place a hand on your abdomen and see if it moves while you breathe. If not, you can try this method to gain more control: count to four while you inhale, hold for four counts, and exhale for four counts. Repeat these steps for as long as you are comfortable.

To learn more about the ancient practice of mindfulness, do a quick internet search—it will yield thousands of results. You can also download apps for a more structured experience.



The Bi-weekly Gamer

by Adam Boyle

## Vainglory the perfect mobile MOBA

*Vainglory* is a mobile-exclusive multiplayer online battle arena (MOBA)-style game like *League of Legends* or *Dota 2*, but, unlike those two, *Vainglory* is limited to three-on-three matches.

I’ve been looking for something new to play on my phone. I wanted something outside of traditional “pick up and go” mobile games, and I also wanted something that avoided the black hole that I like to call “necessary progression micro-transactions,” which are in-game purchases that one has to buy if they even hope to keep up with the top content in a game.

Since I already knew about *Vainglory* and was interested in its mechanics and gameplay, I figured it was time for me to give it a shot and see if the game was as enjoyable and as esports-ready as so many have told me that it is. While the formula for MOBA-style

How big the game will grow in the esports scene remains to be seen, but, considering how well made *Vainglory* is, I’m definitely interested in its future.

games isn’t new to me (I have sunk around 1,500 hours into *League of Legends* over the past seven years), the aspect of a touchscreen MOBA was a huge draw... and also a huge question-mark factor.

After playing a couple of the quicker game modes and skipping over the basic tutorials, I was hooked. Everything was new to me—the menus, the items, the characters, and even the gameplay, to an extent, was new. As for the esports side of the game, I’m still learning the ins and outs of the systems that developer Super Evil Megacorp (SEM) has built up for *Vainglory*.

SEM is hosting the first world championship for the game in the second week of December and, apparently, will be revealing its take on the traditional five-on-five formula, as well as crowning this year’s champion.

How big the game will grow in the esports scene remains to be seen, but, considering how well made *Vainglory* is, I’m definitely interested in its future. For anyone looking for a game similar to what I was looking for, *Vainglory* is the one. Play a couple matches, explore different characters, and see how you like it. You won’t be disappointed.



Unpacking the Bags

by Renata Silva

## The saga of looking for information

Every international student knows how difficult it is to get accurate legal information. The search for information is constant: at each new step taken we need to confirm that we’re doing everything within the law. There are rules for studying, working, having bank accounts, renewing visas... But where should someone look for all this information?

My first tip is to go to the official Canadian immigration and citizenship (CIC) website.

The website can be a little confusing for some people because of the amount of information it contains. When I look for something there, I go to the help centre page and type in keywords about the information I need. The CIC site

will then offer you some options for articles that may contain the information you need.

If your question is about your studies, the first place to contact is Camosun. I prefer to set a time with an advisor; usually, they have a good grasp on the relationship between the school and international students, since they deal with various cases regularly. But never go expecting them to tell you what decisions to make; they’re there so we can pick their brains for advice. Try to come up with specific and direct questions beforehand. When they give you an answer, I recommend you confirm it with another source, just to check it out. No one is perfect, and sometimes they might not know the answer, or the information they

give could be a bit outdated. It never hurts to double check.

For information regarding international student work laws, one option is to search for Service Canada online. Service Canada is also where you can go for info on getting a social insurance number (SIN), which we all need to work in Canada.

The most important thing is to always research in advance. This process can be very tiring, but it can provide more tranquility to your routine in Canada. Don’t let legal issues make your experience here a bad one. Always remember that this is an amazing opportunity to get to know a different culture and acquire knowledge, and that’s our focus for now.



Calculated Thought

by Sean Annable

## Don’t disregard cryptocurrencies

Bitcoin’s rise in worth from pennies to thousands of dollars has analysts calling it a bubble, and maybe it is. The price behaviour of these digital tokens is interesting and is being chalked up mostly to speculative demand.

But, to echo my previous written sentiments, it’s the technology—specifically, the technology behind Ethereum’s blockchain and virtual machine—that’s most exciting. Many purchasers of cryptocurrency agree and are purchasing tokens to be a part of a community that believes in the technology and sees its value from a different perspective.

Here’s an all-too-simplistic refresher: blockchain technology

partnered with the Ukrainian government to facilitate international real-estate transactions. This DApp, built on the Ethereum blockchain, executed the first-ever real estate transaction through a “smart contract” on the blockchain in September. A smart contract written in computer code executed the exchange of money for an apartment and the deed to the property, while writing an immutable record onto Propy’s blockchain-based property registry.

This method of transacting eliminates all the paperwork and communication between lawyers, money-transfer services, escrow providers, and land-title registries,

The price behaviour of these digital tokens is interesting and is being chalked up mostly to speculative demand.

promises a way to have a trustless, decentralized, immutable record of transactions that is distributed and updated in real time to all its users. The idea is that rather than, say, a bank as an intermediary, cryptographic code and a consensus of users can verify that one person has money, and the money can then be sent to that person. There is a whole mess of intricacies to go along with a blockchain system, but let’s keep it (relatively) simple.

Ethereum is a kind of base layer that can provide these trustless transactions, somewhat akin to the way internet protocols provide the online exchange of information we have today.

There are projects that build on top of Ethereum’s blockchain to create decentralized applications (DApps). Like the apps on your phone, this is software code that is meant to provide some sort of service to its users. But, in decentralization, there is no intermediary sucking up transaction fees or choosing who can transact.

A great example is Propy, a California-based start-up that has

and offers one single source of code that all parties agree on to execute the transaction.

Where the digital currency ether, created by Ethereum, differs from bitcoin is that it wasn’t designed to be a currency, *per se*. Ether is known on the Ethereum network as “gas.” It fuels the computing power used by participants, or “nodes” on the network, and rewards them for solving these cryptographic puzzles (providing security) and for confirming consensus on the validity of the transaction. And that’s where value outside of speculation can be found. These digital tokens are the way you pay to play on this network. Already you can send massive sums of money, in less than a minute, for pennies’ worth of this gas.

If Ethereum becomes the Internet 3.0 it is being touted as, and the software we know today becomes DApps that can transact safer, faster, and cheaper, then shouldn’t these tokens have value?

I say yes. But, until a market is established, it’s anyone’s guess what that value should be.

**NEXUS HUMOUR**

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parenthood word search

As this issue's feature (see page 6) proves, it's not easy to be a student and a parent. Heck, it's not easy just being either one of those things. We used some words summing up the parenting life to make this word search.

Find the words on the left in the puzzle on the right; as always, stop by the *Nexus* office (Richmond House 201, Lansdowne campus) if you complete this puzzle to pick up something from our pile o' prizes (which includes gift cards to local coffee shops, *Nexus* T-shirts, books, CDs, and more).

- AGONY
- BEGGING
- BEST
- CRYING
- ENERGY
- EXCITEMENT
- EXCREMENT
- EXHAUSTED
- FEAR
- HAPPINESS
- JOY
- LOVE
- PRIDE
- SCREAMING
- SLEEP
- TEARS
- TIRED
- URINE
- VOMIT
- ZOMBIE

K J H H A P P I N E S S U R O  
 A B W A U K U L X M X Y W P W  
 H I Z L S R V C D X V G P J Y  
 U W O K C C I N T E A R S C D  
 I W M D R T B N D P Y E G D B  
 R C B Y E X C R E M E N T J U  
 G U I M A T W P R I D E O S V  
 P N E D M I S J I T D Y L G I  
 G N I H I M O U T C U K F S A  
 T S P G N O D S A G F Z J D H  
 T D T U G V F N K H H D O Y X  
 C R Z A I E O V B P X U B M J  
 B Q Q F A V B W K V H E A B X  
 I I U R S O A Y E F S B S J I  
 R D R V C L L I R T Q W I E R

what's going on

by adam boyle



THADDEUS HINK

Get festive with British comedy duo James and Jamesy on December 17.

WEDNESDAY, NOVEMBER 29

**Dancing on tour**

*So You Think You Can Dance* is coming to the Save-On-Foods Memorial Centre on November 29. The show is on tour across Canada and will have performances from its top 10 contestants. For more info, visit [sof-mc.com](http://sof-mc.com); tickets are between \$43.50 and \$69.50.

FRIDAY, DECEMBER 8

UNTIL MONDAY, APRIL 2

**Getting wild**

The Royal BC Museum is bringing back its *Wildlife Photographer of the Year* exhibit; this year's winner is Brent Stirton, a photojournalist from South Africa. Part of the contest's purpose is to help bring awareness to protecting nature. Tickets are \$15; see [royalbcmuseum.bc.ca](http://royalbcmuseum.bc.ca) for more information.

SATURDAY, DECEMBER 9

**Hillside comedy night**

Comedian Kirsten Van Ritzen will add to the holiday cheer by hosting a comedy show at Hillside Coffee and Tea on December 9. The event stars her students, many of whom are making their comedy debut. Tickets are between \$8 and \$10; go to [broadtheatrics.com](http://broadtheatrics.com) for more info.

SATURDAY, DECEMBER 9

**Return of the pets**

The Popovich Pet Show stops at UVic in December. Part of the focus of the show—which features a number of rescue pets—is on homeless pets. Of course, humans are involved in the show as well, but the focus is really on the animals. Tickets start at \$18; details on this and other events can be found at [uvic.ca/auditorium](http://uvic.ca/auditorium).

WEDNESDAY, DECEMBER 13

**A sibling journey**

Intrepid Theatre is presenting *The Merkin Sisters* on December 13. The comedy is about a pair of once-famous sisters leaving the house for the first time in a decade in the pursuit of presenting their ultimate work of art. Tickets are \$20; see [intrepidtheatre.com](http://intrepidtheatre.com) for info.

SATURDAY, DECEMBER 16

**Christmas with Jann Arden**

Canadian singer-songwriter Jann Arden will join the Victoria Symphony for a Christmas-themed concert at the Royal Theatre on December 16. Arden is visiting Victoria as the last stop on her national tour. Tickets start at \$30; details can be found at [victoriasymphony.ca](http://victoriasymphony.ca).

SUNDAY, DECEMBER 17

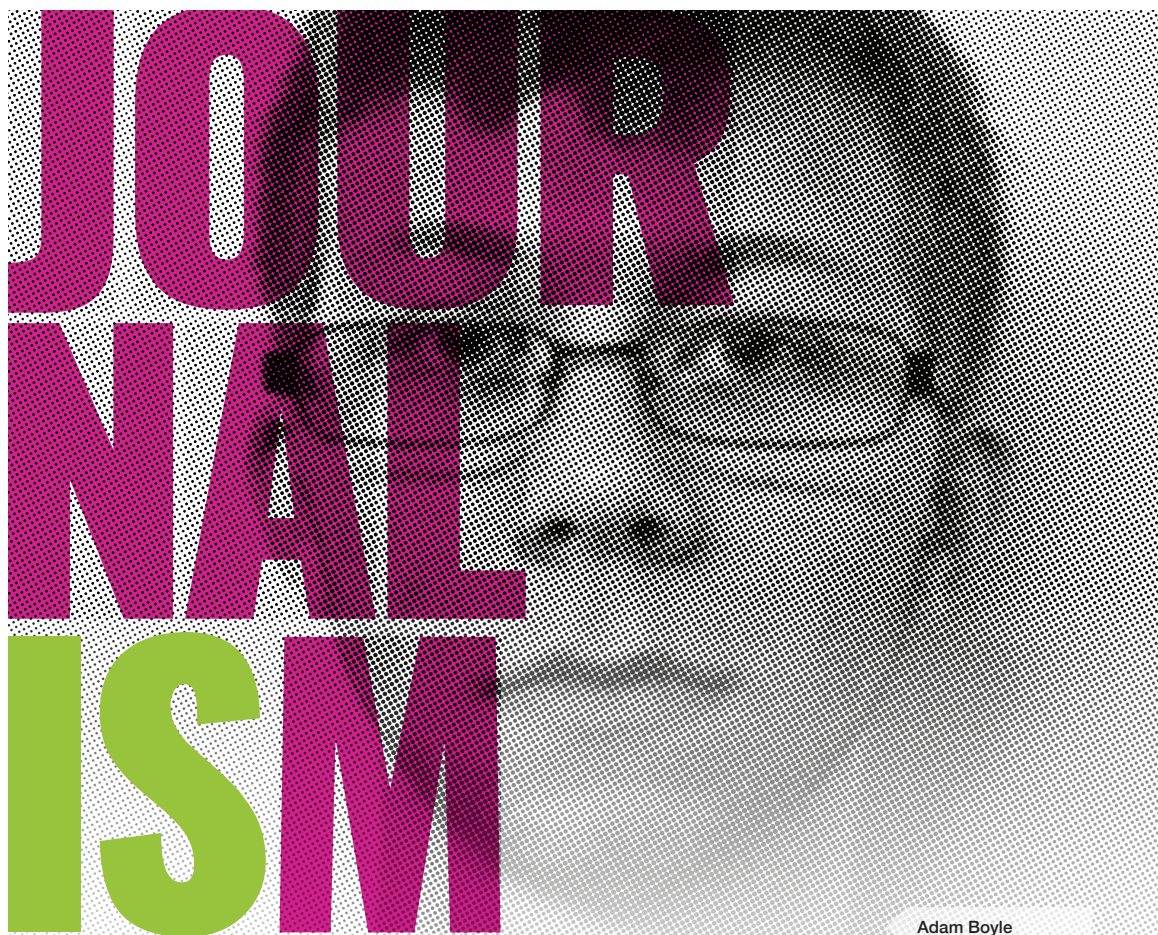
**Tea time again**

British comedy duo James and Jamesy come back to Victoria this holiday season, bringing a new show with them. Their performance sold out last year, so if you're interested, get those tickets fast. Info can be found at [jamesandjamesy.com](http://jamesandjamesy.com); tickets start at \$24.75.

WEDNESDAY, DECEMBER 27 TO SUNDAY, DECEMBER 31

**Radio hour at the castle**

Launch Pad Theatre is showing its new play, *Radio, Mistletoe and My Man Godfrey*, at Craigdarroch Castle at the end of the year. The play is a fresh take on the 1936 comedy *My Man Godfrey*, which is about unexpectedly falling in love with a hobo. Admission is between \$13 and \$20; more details are available at [launchpadtheatre.com](http://launchpadtheatre.com).



**Adam Boyle**  
 Staff writer for *Nexus* newspaper. Boyle has reviewed local festivals and interviewed college sports teams, and writes a column about competitive gaming.

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